



TRICK YOURSELF INTO BELIEVING TOBACCO WON'T HURT YOU?

Smoke?? OR Chew??

Snuff it all out!

TREAT YOURSELF TO A TOBACCO-FREE LIFE

The Harford County Health Department is offering 'NO TO TOBACCO' Classes. **FREE!!** Open to all tobacco users who want to quit. Includes how to make and use your own quit plan. **Pre-registration is required for all classes** and the Pre-Quit Class is mandatory for all first time participants. To register, call 410-638-8405. All options are handicapped accessible.
WHAT A GOOD TIME TO QUIT!

Option 1

Where: Harford County Library
Meeting Room
2510 Tollgate Rd
Abingdon, Md

When: TUESDAY EVENINGS

Dates and Times

Pre-Quit Class:

Oct. 2, 2007

6:00—8:00 p.m.

'No To Tobacco' Class

5 Tuesday evenings

Oct. 9, 16, 23, 30, and Nov. 6, 2007

6:00 — 7:30 p.m.

Option 2

Edgewood Senior Center
1000 Gateway Rd.
Edgewood, Md.

When: FRIDAY EVENINGS

Dates and Times

Pre-Quit Class:

Oct. 5, 2007

6:00—8:00 p.m.

'No To Tobacco' Class

5 Friday evenings

Oct. 12, 19, 26, Nov. 2 and 9, 2007

6:00 — 7:30 p.m.

